


# OMG. I FOUND A LUMP!

*More Power to You:*  
THE POWER TO DETECT BREAST CANCER IS LITERALLY IN YOUR HANDS.



BREAST SELF-EXAMINATION IS EFFECTIVE IN DETECTING **70%** OF BREAST ABNORMALITIES.

**40%** OF DIAGNOSED BREAST CANCERS ARE DETECTED BY WOMEN WHO FEEL A LUMP.

BREAST CANCER FEELS LIKE A HARD ROCK IN THE BREAST **78%** OF THE TIME.

## Breast Self-Examination

### How To Do Your Monthly Self-examination



**Step 1**  
Raise your left arm up to the back of your head.

**Step 2**  
With your right hand, examine your left breast.

**Step 3**  
Moving your hand around your breast, feel for any lumps with your fingers.


**Step 4**  
Repeat on the other breast.

**Visual Tests**  
Look at yourself in the mirror. Look out for anything unusual:

- Irregular shape?
- Dimpling of skin?
- Nipple discharge?

**!**  
If you find anything unusual, visit a doctor as soon as possible!

What would a **WORLD WITHOUT BREAST CANCER** be like?  
**WONDERFUL !**



### Fall Pumpkin Dip Recipe

**Prep time**  
10 mins

**Total time**  
10 mins



A very easy dessert or appetizer recipe that's perfect for serving at parties.  
Author: Amy Johnson | She Wears Many Hats  
Serves: Makes about 3 cups.

**Ingredients**  
8 oz. cream cheese (I use fat free or reduced fat)  
1 cup light brown sugar  
¾ teaspoon ground ginger  
½ teaspoon ground nutmeg  
2 teaspoon cinnamon  
1 15 oz. can pumpkin puree

**Instructions**  
In a food processor (or in a bowl by hand) pulse the cream cheese until smooth. Add next 4 ingredients (light brown sugar, ground ginger, ground nutmeg, ground cinnamon) to food processor and blend well. Transfer cream cheese mixture into a bowl, add the pumpkin puree and mix well. Refrigerate until served.

### How medications help control blood sugar

Along with a healthy diet and exercise, taking medication is often an important part of treatment. Here's why: Over time, the pancreas becomes less active and loses the ability to make insulin the hormone that helps your body absorb sugar from the bloodstream. So at some point, you may need one or more medications to keep your blood sugar in check.

